

GLAZED STRAWBERRY PIE

- 1 quart Ontario strawberries
- 1 baked 1 L pie shell
- 125 mL sugar
- 45 mL cornstarch
- 250 mL water
- 5 mL vanilla
- 50 mL sliced almonds, toasted

Wash, pat dry and hull strawberries. Reserve 250 mL strawberries and puree. Put whole berries into pie shell, stem end down.

Combine sugar, cornstarch, water, vanilla and pureed strawberries in small saucepan. Cook and stir over medium heat until mixture comes to a boil. Simmer for 5 minutes. Cool slightly. Pour evenly over berries in pie shell. Sprinkle with almonds. Chill 3 hours. Garnish with whipped cream, if desired. Makes 6 to 8 servings.

STRAWBERRIES 'N CREAM

- 1 quart Ontario strawberries
- 250 mL whipping cream
- 1 package (125 g) cream cheese, softened
- ¼ cup brown sugar

Wash strawberries, pat dry. Leave stems on. Drain on paper towel. Beat together ¼ cup whipping cream, cream cheese and brown sugar. In separate bowl, beat remaining whipping cream until soft peaks form. Fold into cheese mixture. Chill.

To serve, place cream in dish on large platter surrounded by berries. Hold strawberries by hulls and dip into cream mixture. Makes 6 to 8 servings.

ICED STRAWBERRY SOUP

- 1 quart Ontario strawberries
- ½ cup dry white wine
- ½ cup water
- ½ cup sugar
- ½ tsp allspice
- ½ tsp nutmeg
- 1 cup buttermilk

Wash, pat dry and hull strawberries. Set aside 8 strawberries for garnish. Puree remaining strawberries in blender or food processor with wine and water. Pour puree into a large bowl. Stir in sugar, allspice, nutmeg and buttermilk. Chill 4 to 6 hours.

At serving time slice 8 strawberries and stir into soup. Makes 4 to 6 servings.

STRAWBERRY SQUARES

- 1 quart Ontario strawberries
- 1¼ cups whole wheat flour
- 1¼ cups rolled oats
- ½ cup brown sugar
- ¼ tsp baking soda
- ¼ tsp salt
- ½ cup butter
- 2 tbsp sugar
- ¼ tsp cinnamon

Wash, pat dry, hull and slice strawberries. Drain on paper towel. Set aside.

Combine flour, rolled oats, brown sugar, baking soda and salt in large bowl. Cut in butter with pastry blender or 2 knives until mixture is crumbly. Set aside 1½ cups of this mixture for topping. Pat remaining mixture into 8-inch square pan.

Mix sugar, cinnamon and ~~105~~ with sliced strawberries. Spoon strawberries over crumb base in pan. Sprinkle remaining crumb mixture on top. Bake at 180°C (350°F) for 40 minutes. Makes one 8-inch pan. Cut into 12 squares. Best served warm.

GREEN AND RED SALAD

- 1 quart Ontario strawberries
- 1 L Romaine lettuce or spinach, in bite-size pieces
- 125 mL mayonnaise
- 125 mL sour cream
- 15 mL poppy seeds
- 15 mL sesame seeds
- 15 mL sugar
- 5 mL lemon juice
- 0.5 mL ground ginger

Wash, pat dry, and hull strawberries. Drain on paper towel. Slice. Combine all remaining ingredients, except lettuce. For each serving, place 125 mL lettuce (or spinach) on salad plate, arrange 125 mL sliced strawberries on top, and drizzle with 30 mL of dressing. Makes 8 servings.



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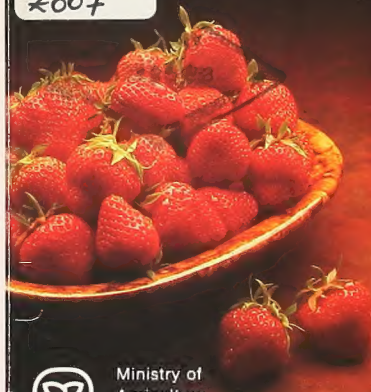
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ONTARIO STRAWBERRIES

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STRAWBERRY CHEESECAKE

- 1½ cups graham cracker crumbs
- ¼ cup sugar
- ¼ tsp cinnamon
- ½ cup melted butter
- 2 packages (125 g each) cream cheese, softened
- 2 eggs
- ½ cup sugar
- ½ tsp vanilla
- ½ tsp almond flavoring
- 1 quart Ontario strawberries
- ½ cup red currant jelly
- ¼ tsp almond flavoring

Mix graham cracker crumbs, sugar and cinnamon. Pour melted butter over crumbs and toss to combine. Press into 9-inch springform pan pushing some up the side to form a rim ¼-inch high. Bake at 160°C (325°F) for 10 minutes. Cool.

Combine cream cheese, eggs, sugar, vanilla and ½ tsp almond flavoring. Beat well. Pour into crumb crust. Bake at 180°C (350°F) for 40 minutes, until set. Let cool.

While cake is baking, wash, pat dry, hull and slice strawberries. Measure 1 cup and puree. Melt red currant jelly over low heat. Stir puree into jelly along with ¼ tsp almond flavoring.

One hour before serving, remove cake from pan and arrange remaining sliced strawberries on top. Cut into wedges and serve with strawberry sauce.

FRESH STRAWBERRY SHERBET

- 1 quart Ontario strawberries
- 1½ cups sugar
- 2 cups plain yogurt
- 2 tbsp honey
- ½ tsp dried mint leaves

Wash, pat dry, hull and slice strawberries. Puree 3 cups of the strawberries in blender or food processor, or crush with potato masher. Reserve remaining 1 cup strawberries for serving. Stir in sugar and yogurt. Cover and freeze for about 2 hours, or until almost frozen. Puree again in blender or food processor, or mix thoroughly with electric mixer. Place in 6-cup ring mold or freezer containers. Freeze overnight, covered.

At serving time, combine honey and mint and drizzle over remaining 1 cup strawberries. Unmold sherbet, and serve with minted strawberries in center. If sherbet was frozen in containers, scoop into dessert dishes and top with minted strawberries. Makes 6 to 8 servings.

Along with the warm summer days of June comes the Ontario strawberry season. Delicious, flavorful, Ontario strawberries are available for three to four weeks beginning mid-June. Although the season is short, there are many different ways to enjoy the plentiful supply. Buy them, or go out and pick-your-own. Enjoy them often during the season. To extend the season make strawberry jam or freeze some for later use.



TO CHOOSE Look for plump, bright red, fully ripened strawberries. Once strawberries have been picked, they do not ripen further. Choose berries that are firm and free of bruises. Those with the hulls attached have better keeping quality. Size is not a flavor indicator. Flavor depends on variety and degree of maturity.

TO STORE At home sort strawberries and remove any over-ripe ones. Place in a single layer on a tray or cookie sheet. Store uncovered, in the refrigerator. Do not wash or hull until serving time. For maximum flavor, use within three days.

TO SERVE When ready to serve, give strawberries a gentle cold water bath, pat them dry and then hull.

- Serve fresh strawberries with a sprinkling of sugar, a drizzle of honey or maple syrup.
- Dip whole strawberries in plain yogurt with almond flavoring or brown sugar and sour cream.
- Try strawberries topped with ice cream or sweetened whipped cream for a simple heavenly treat.
- For a refreshing summer cooler, add pureed strawberries to your favorite punch.

No matter how you serve them, there is nothing more sublime than fresh Ontario strawberries. Enjoy them in soup, salad or for dessert, at a family meal or an elegant party. Make any of these scrumptious recipes and enjoy a taste of Ontario strawberries.

STRAWBERRY CLOUDS

- 1 quart Ontario strawberries
- ¼ cup cherry brandy liqueur
- 2 tbsp sugar
- 1 cup sour cream
- 2 tbsp brown sugar

Wash, pat dry, and hull strawberries. Drain on paper towel. Gently combine strawberries, liqueur and sugar. Refrigerate for 30 minutes. Stir gently and refrigerate another 30 minutes. Combine sour cream and brown sugar.

After one hour, remove ½ cup strawberries from liqueur syrup. Mash and stir into sour cream-brown sugar mixture. In sherbet glasses, layer strawberries, sour cream mixture and more strawberries. Drizzle with remaining liqueur syrup. Makes 6 servings.

STRAWBERRY MERINGUES WITH CUSTARD SAUCE

- 3 egg whites, at room temperature
- ¼ tsp cream of tartar
- ¼ tsp salt
- ¼ cup sugar
- 3 egg yolks
- 1½ cups milk
- ¼ cup flour
- ¼ cup sugar
- 2 tbsp lemon juice
- 1 quart Ontario strawberries

Combine egg whites, cream of tartar and salt. Beat until soft peaks form. Slowly, add sugar one tablespoon at a time, while beating constantly, until mixture is stiff and glossy. Cover cookie sheet with wax paper. Draw 12 2-inch circles on wax paper. Grease paper well. Drop meringue mixture onto circles, shaping with back of spoon to form a rim. Bake at 150°C (300°F) for one hour and 15 minutes. Turn oven off and leave meringues 6 hours or overnight.

Combine egg yolks and milk. Combine flour and sugar in top of double boiler. Slowly, with a whisk, add yolk-milk mixture to flour-sugar mixture. Cook over boiling water whisking constantly, until thickened, 5 to 10 minutes. Stir in lemon juice. Cool.

To serve, wash, pat dry, hull and slice strawberries. Drain on paper towel. Divide sliced strawberries evenly amongst 12 meringues. Top with custard sauce. Makes 12 servings.